

## Coaches:

• Cassie Rigby, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END		TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 17, 2025	Wed	Regular Season	Fulton @ Oswego	5:30 PM		Oswego Middle School Cross Country Trail	Departure Point: AJHS - shared Departure Time: 3:45 PM	L
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational)	TBD	12:50 PM		Bville - Durgee Cross Country Trail	Departure Point: AJHS Departure Time: 10:45 AM	L
Sep 24, 2025	Wed	Regular Season	@ Central Square	5:30 PM		CS: MHE XC Course	Departure Point: AJHS - shared Departure Time: 3:30 PM	L
Sep 27, 2025	Sat	Regular Season (McQuaid Invitational)	@ TBD	3:00 PM		Genesee Valley Park	Departure Point: AJHS Departure Time: 12:30 PM	L
Oct 1, 2025	Wed	Regular Season	East Syracuse Minoa	5:30 PM		Auburn - Holland Stadium (Turf)		L
Oct 8, 2025	Wed	Regular Season	Jamesville-Dewitt @ Fayetteville-Manlius	5:30 PM		FM Cross Country	Departure Point: AJHS - shared Departure Time: 3:30 PM	L
Oct 15, 2025	Wed	Regular Season	@ Henninger	4:30 PM		Sunnycrest Park	Departure Point: AJHS - shared Departure Time: 3:00 PM	L
Oct 18, 2025	Sat	Regular Season (Marcellus Invitational)	@ TBD	9:50 AM		Marcellus Park	Departure Point: AJHS - shared Departure Time: 8:00 AM	L
Oct 23, 2025	Thu	Regular Season (SCAC Modified Meet)	Fulton, Fayetteville-Manlius, East Syracuse Minoa, Jamesville-Dewitt, Central Square, Liverpool, Cicero- North Syracuse, Henninger, Nottingham, West Genesee, Baldwinsville, Corcoran (Syracuse West), Fowler (Syracuse West) @ Oswego	4:30 PM	5:00 PM	Oswego Middle School Cross Country Trail	Departure Point: AJHS - shared Departure Time: 2:45 PM	L

Date: 2025-12-08